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INDEX

1. Significance of Diwali	2
2. <i>Nirmal Vani - Having the Collecticive spirit</i>	5
3. हमारी प०पू० श्रीमाताजी	7
4. Snakes and Ladders	9
5. Tomb of Moses	10
6. Divine Secrets of Carbon Atom	12
7. A Poem by RN Tagore	13
8. Find the Names	14
9. सहज गीता	15
10. Shri Bhairavnath	16
11. Self Realization in Andhra Pradesh	18
12. <i>Mother's Recipe</i>	20
13. <i>Mother Explain's</i>	21
14. सहज मन्दिर की मर्यादा – एक नाटक	23

Significance of Diwali

This Article is a collection of all the stories related to five days of Deepawali Celebration As well as at the same time what our Adishakti Mother has told us about these days.

Om Twameva Sakshat

Shri Mahalakshmi

Sakshat Shri Adishakti Mataji
Shri Nirmala Devyei Namah

Diwali, a festival of worship of Goddess Lakshmi, is celebrated by the Indians throughout the world in a joyous mood with great zeal and enthusiasm. It is a festival of lights, crackers, cleanliness, sweets, lots of shopping, happiness, togetherness and almost one week's holiday. The celebrations are for five continuous days one after another, each day with a new philosophy. It is not limited to just one-day celebration like many other Indian festivals but it is a unique one: for it brings a series of festivals and holidays with itself. Like most of the Indian festivals Diwali too has its origin in Indian Mythology and there are very interesting historical stories about it.

History of Five Days of Diwali Celebrations

The first day of this festival begins with 'Dhan Trayodashi' or 'Dhanteras'. After Dhanvantari Trayodashi, the second day of Diwali is 'Narak Chaturdashi', which is popular as 'Chhoti Diwali'. The third day of Diwali, which is commonly called 'Badi Diwali' is the main day of celebrations of the festival of Diwali, commemorating the day when Shri Rama returned to Ayodhya after His 14years of exile. The fourth day of Diwali is devoted to 'Govardhan Pooja' (worship of Lord Govardhan Parvat). The fifth day of the Diwali is 'Bhai Dooj', the time to honour the brother-sister relationship.

Dhanteras (Day 1)

Legends have it that Lord Dhanvantari who is the physician of the Gods and an incarnation of Lord Vishnu came out of the ocean that was churned by the Gods and the demons. On the day of Dhanteras. Lord Dhanvantari appeared with Ayurvedic for the welfare of the mankind.



"...Firstly, in Diwali, the first day we buy something for the family. You can buy may be some cooking utensil, could be an ornament for the wife or something like that because that is the day of housewife and that day is to be celebrated as the housewife's, I

should say, homage to her... "

"...So it's very important that on this day, we call it the Dhanteras (the thirteenth day), you have to buy something for your wife and you have to give her something as a present. At least you should buy a little pot, or something, that can be used in the kitchen to show your respect to her. In the families where mother is not respected, children become extremely troublesome and the whole of their family - also suffers".



Narak Chaturdashi (Day 2)

One famous story behind the celebrations of Diwali is about the demon king Narakasura who was the ruler of Pragjyotishpur, a province to the South of Nepal. During a war he defeated Lord Indra and snatched away the magnificent earrings of Mother Goddess Aditi who was not only the ruler of Suraloka (the world of Devas) but also a relative of Lord Krishna's wife, Satyabhama. Narakasur also imprisoned sixteen thousand daughters of Gods and saints in his harem. With the support of Lord Krishna Satyabhama defeated Narakasura and released all the women from his harem and also restored the magnificent earrings of Mother Goddess Aditi.

"...Then the second day is the one where this horrible Rakshasa called as Narakasura was killed. Always all killing is done with the power of the Shakti... He was a very treacherous cunning man and it was impossible to kill him. But then, somehow or other, with the advent of a special power, that this Narakasura was killed... They say that when he was killed, the door of hell was closed. So people should take their baths early in the morning. But I am of the opinion that day, if the door is open, better not take bath. Be in your beds till this fellow is put fully into 'Narak'. You should not bother about him. Narak means hell, and from the hell they extracted him and killed him..."

Diwali (Day 3)

The most famous legend behind the celebrations of Diwali is about the prince of Ayodhya Nagri, Lord Shri Rama. The story goes like the king of Lanka, Ravan kidnaped Ram Chandra's wife, Sita from the jungle where they were staying as per the instructions of King Dashratha, father of Ram Chandra. Then Ram Chandra attacked Lanka and killed Ravan and released Sita from imprisonment. He returned to Ayodhya with his wife Sita and younger brother Lakshmana after fourteen years of exile.



Since it was a night of no moon so people of Ayodhya decorated their homes as well as the city of Ayodhya by lighting *diyas* (oil lamps) all over, in order to welcome their beloved prince Shri Rama and his wife Shri Sita. It was the day of 'Kartik Amavasya' when they also celebrated the victory of Shri Ram over the King of Lanka, Ravana. Shri Rama who is divine while Ravana represents the evil. Therefore, Diwali is considered a festival, which establishes the victory of divine over evil. Further, lighting of *diyas* (oil lamps), also symbolises the victory of light over darkness.

"...The last one is the best where they have the meeting of Shri Rama and his brother Bharat... But when they came back to their own capital in Ayodhya, there was a big jubilation and Bharat, His brother, He was very much attached to His brother and he ruled that country with the Paduka, they say is the a kind of sandalwood chappals they use, of his brother. He put it on the throne and ruled. So that is how the Bharat Milan i.e the meeting of Bharat with Shri Rama - is celebrated and that was the time. He was crowned also as the king. So it is long time back i.e. thousands of years back, this thing has happened. That jubilation is very significant: that the right king gets his own throne and He rules and all the injustice and all kind of atrocities he has gone through has to be completely finished from his life. And that's why Diwali is important..."

"...So the last day they worship the Goddess Lakshmi because, it is Her blessings that brought forth all these beautiful meetings. And that's why they worship Her "Lakshmi" as such."

"Now in that Lakshmi Puja is this that you worship the Lakshmi herself. It doesn't mean "money" not at all. To worship money is wrong. But what it means that Lakshmi is the money which is with us or whatever prosperity with Her should be very carefully spent because She is very mobile and the money can slip out. On the contrary you should not be at all miserly. Miserly people Lakshmi is not happy. But if you want to spend, you must spend it in the right way otherwise the money is spent in the wrong way."

"... Now when the Lakshmi was created - must be knowing out of the churning of the sea She came out - She had four hands. One hand was to give. She is generous. She gives: like this She gives. And with one hand She blesses. These are Her two hands. One is to give and to bless the person. Very important it is that when you give to somebody something, you forget about it and you bless that person. Not only you give money, but also you bless that person. The other two hands have got two lotuses of pink color. Pink is the color of love and a person who has money should have a house, which is full of love. Any guest who comes in the house should be respected. He should be treated just like God..."

"... So this is what is the meaning of the lotus - "is a house full of love". Like a beetle, which has got even thorns, when it comes to the lotus, the lotus open out and the beetle goes inside and sleeps very nicely and comfortably - even the beetle, undisturbed. That is how one should treat if you have money..."



"...But the best is, She is just standing on the lotus. That means, no pressure on anyone. She exists on Her own, no pressure. She doesn't put any pressure on anyone. Just on Her own She stands and all Her weight and all balanced on Her own dignity. This is the way a Lakshmi should be..."

Govardhan Puja (Day 4)

'Govardhan' is a small hillock situated in 'Braj', near Mathura. The legends in 'Vishnu Puraan' have it that the people of Gokul used to worship and offer prayers to Lord

Indra for the rains because they believed that it was He who sent rains for their welfare. But Lord Krishna told them that it was Mount Govardhan (*Govardhan Parvat*) and not Lord Indra who caused rains therefore they should worship the former and not the latter. People did the same and it made Lord Indra so furious that the people of *Gokul* had to face very heavy rains as a result of his anger. Then Lord Krishna came forward to ensure their security and after performing worship and offering prayers to Mount Govardhan lifted it as an umbrella on the little finger of his right hand so that everyone could take shelter under it. After this event, Lord Krishna was also known as *Giridhari* or *Govardhan-dhari*.



Bhai Dooj (Day 5)

The legends have that Lord Yamraj, the God of Death, visited his sister Yamuna on the '*Shukla Paksha Dwitiya*' day in the Hindu month of '*Kartik*'. When Yamraj reached Yamuna's home she welcomed Him by performing his aarti, applying 'Tilak' on His forehead and by putting a garland around his neck. Yamuna also cooked varieties of dishes and prepared lots of sweets for her brother and offered all those to him. Lord Yamraj ate all those delicious dishes and when he was finished he showered blessings on Yamuna and gave her a boon as a gift that if a brother visits his sister on this day he would be blessed with health and wealth. This is why this day of Bhai-Dooj is also known by the name of '*Yam-Dwitiya*'. Thus it has become a tradition that on the day of Bhai-Dooj brothers visit their sisters' home and offer them gifts. Sisters also make various dishes for their brothers and also give gifts to them.



History of Sikh Community's Diwali

In the Sikh community Diwali celebrations have special importance as for them it is popular as the day when their sixth Guru, Guru Har Govindji came back from the captivity of the fort of Gwalior city. The people lighted lamps in the way to Shri Harmandhir Sahib, which is known by the name of 'The Golden Temple', in order to honour and to welcome their beloved Guru.

History of Jain Community's Diwali

For the Jain community also the festival of Diwali has special significance. It is the day when the famous Jain prophet Shri Mahaveer (who was an incarnation of Shri Bhairavnath), the founder of Jainism attained 'Nirvana'. Therefore the people of Jain community celebrate the festival of Diwali in remembrance of Lord Mahavira

“When you become one with the Spirit all your problems will be solved. A realized person never talks in first person. He becomes separate from himself, leaving aside his desires, his materialistic ideas.”

“Nirmal Vani”

Some priceless jewels on selected topics, extracted from the treasure trove of our Mother's eternal words of wisdom, have been strung into exquisite necklace called “Nirmal Vani”. This issue, lets focus on mother's advice on how to establish the eternal child within us.

Having the Collective Spirit

What is the importance of collective in Sahaja Yoga? Does it only mean going to Pujas, Seminars, Centers,



other Sahaja yogis house only? Do we belong to one center or a city or a state or a country or the whole world? What does Shri Mataji means when She says we have to be collective and that we are universal beings? From Mother's talks lets us go on the journey of discovering the collective feeling within ourselves:

The Importance of Being Collective

Today is the day to make a big determination... that you will start enjoying your collective spirit... which was opened on 5th May 1970...everything for the collectivity... then the enjoyment will be maximum... you will never feel that you have sacrificed anything. But still you are more identified with your own enjoyments... and your own ideas of enjoyment... you still do not enjoy that collective spirit... you still like in companionship in company with each other... you enjoy it more like people who are not in Sahaja Yoga...very low grade... just want to take advantage... and have a nice time...and all that... that type of people are not going to make much mark for us. You all must be connected to God individually... so that you are all connected among yourselves.

Only in collectivity maturity starts - it is a living process. If we are not collective we will disappear one day. It is like a tree, where everything belonging to that tree grows - if a

leaf separates off, it dies - we have to stick onto the tree. If we cannot be collective, or enjoy collectivity, then there is something wrong with us. Avoid criticising each other. We must come to the Collective; otherwise there is the possibility of getting lost.

You are not alone... you are all friends to each other... and the greatest friend you have is the Divine Power which is looking after you... and doing everything for you. If you have that kind of a relaxed beautiful alertness within you, you are going to enjoy life...you are going to enjoy Sahaja Yoga... and you are going to get many many more people in Sahaja Yoga.

Before Sahaja Yoga you could have only one friend or at the most two... three meant a crowd... cannot have three persons as your friends... but in Sahaja Yoga we are all friends... pure friendship, friendship of a very beautiful nature... that you enjoy the joy of another person... in vibrations you do. This is how... I have to tell you that we have to be friends... we have to share... enjoy sharing...there's no seriousness about it - how can you be serious with your friends... just relaxed, enjoying each others company... even if you have to argue, argue... doesn't matter... even if you have a different view it's alright... but you should not try to impose yourself on your friend... nor your friend should try to impose... But try to understand each other. That's how we are going to learn such a lot from each other.



You cannot have friendship between men and women...

you cannot - it's absolutely absurd; A brother and a sister are never friends.

We are cells in the Mother's body - Mother has awakened us. If we are sick, then Mother is sick.

How to become Collective ?



First of all your attitude has to be alright in Sahaja Yoga I see that people who don't have good attitudes can never progress...doesn't matter if your vibrations are bad... doesn't matter... they'll be alright... so you should see how much collective you are... how much you help each other... how much you are kind to each other...this is very important to introspect and find out... more than anything else.

The tongue is first of all... for saying things which are sweet and beautiful... let us find out what sweet things we are going to say to people... not expressing 'our' views, like 'I like it... I like that' or 'I want that', but on the contrary... 'do you like this'... 'would you enjoy this'... so the language should be directed towards others...showing interest and concern .

You have to be the whole; you have to be in the centre. Tell your mind 'be humble'... and all this relativity will go away, that you have to be unique, that you are some higher soul or something - all that is nonsense. So, never criticize your brothers and sisters... if you have to criticize, criticize yourself. Best is to criticize yourself, and see for yourself what's wrong with you that you cannot fit into the collective. In India it is said that if someone's pin is in your house, you should look after it for eternity... but if 'your diamond' is lost with somebody, you should never ask for it... it is not good manners. What is more valuable, is not the diamond... it is the relationship.

The best way to strengthen yourself is... to be together as

Sahaja Yogis... you must attend the programs, when there is a collective Aarti... or Puja... or Meditation. When you collect together...something happens to you... if you sit at home, and do something...nothing works out much..... Because it is a collective phenomena.

The Joy of Being Universal Beings

We are all collective... we have to know everything among each other... and we have to live like one family, all over the world. Once you develop that kind of a love for everyone, then you will be surprised, you have become a great personality - that means... the drop becomes the ocean.

Now you are not facing the Mother... you are sitting with the Mother facing the whole world... so the whole attitude will change. The attitude should be...what can I give... how can I give... what is my mistake in giving... I have to be more alert... where is my attention... what am I doing, what is my responsibility. You must desire that you should be pure... pure desire... that you should be the Spirit. Then your responsibility to Sahaja Yoga... what is your responsibility to Sahaja Yoga... which is the work of God that has started... and you... are my hands.

Every one of you is worth the whole Universe... if you want to rise to that height...to that magnitude... it is within you to prosper.

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हमारी ५०५० श्रीमाताजी

एक बार एक स्विस् जर्नलिस्ट ने ५०५० श्री माता जी से पूछा, "आप कौन हैं?" कोई सूफी संत, या कोई उपचारक, कोई दार्शनिक या फिर ईश्वर और इंसान के बीच का कोई संवाहक?" श्री माता जी हंसी और बोली, "मेरी अपने बारे में कोई धारणा या विचार नहीं परन्तु इसी तरह की कोई बात है। कोई किसी एक को किसी एक वर्ग में नहीं रख सकते। किसी को परिभाषित करने का मतलब है उसकी सीमा तय करना। जैसे कि मैं एक गृहस्थ हूँ पत्नी हूँ परन्तु यदि मैं अपनी पहचान तय कर दूँ तो इससे मैं अपने को सीमित कर लेती हूँ। ये करना बेहतर है कि "जो मैं नहीं हूँ तो बचता है वो मैं हूँ। (It would be better to say what I am not, and what is left is what I am)"

परम पूज्य श्री माता जी आधुनिक युग में अवतरण हैं और सहजयोग के माध्यम से मानव समाज को आत्मसाक्षात्कार दे रही हैं। ५०५० श्रीमाताजी सम्मुख और यहाँ तक उनके फोटो मात्र के सामने मनुष्य की कुण्डलिनी सहज ही जागृत हो जाती है। भारत के अनुसूचित गाँवों से लेकर लंदन, अमेरिका, रोम, ऑस्ट्रेलिया और अनेकानेक देशों में श्रीमाताजी यात्रा करके लाखों लोगों को आत्मसाक्षात्कार प्रदान कर रही हैं।

५०५० श्री माता जी का जन्म १९२३, २१ मार्च के दिन बारह बजे दोपहर को मध्यभारत स्थित "छिन्दवाड़ा" नामक स्थान पर हुआ। मुस्कुराती, कान्तीमय बालिका की ओर विस्मय से देखते हुए दादी माँ ने कहा, "ये निष्कलंका है। अतः श्रीमाताजी को नाम दिया गया 'निर्मला' अर्थात् 'निष्पाप'।

सम्भवतः कोई भी नश्वर प्राणी उनके बहुआयामी 'दिव्य रूप' को नहीं जान सकता। एक साधारण मनुष्य जो कुछ देख सकता है वो ही इतना आश्चर्यजनक है कि उसी को समझ पाना उसके भौतिक चक्षु के लिए संभव नहीं। श्रीमाताजी के साक्षात् संपर्क में सहजयोगियों को होने वाले आलौकिक अनुभवों की संक्षिप्त चर्चा हम इस लेख में कर रहे हैं - एक दीपक सूर्य के प्रकाश को कैसे प्रतिबिम्बित कर सकता है या एक नश्वर मनुष्य अपने सृष्टा के सौन्दर्य का कैसे वर्णन कर सकता है, परन्तु ये चेष्टा है परमात्मा के परम आनंद में सभी के ओतप्रोत होने की मेहमान धर आता है तो उसकी आरती की जाती है। ये कोई भी विवाहित स्त्री करती है और उसके एक थाली तैयार की जाती जिसमें घी का दिया

जलता है, परन्तु अग्नि तब नहीं जल पायेगी जब बारिश हो रही हो।

'रेचल रुइग्रोक' वो किस्सा बताती है। जब श्रीमाताजी उनके घर हॉलैंड पधारी थी। श्रीमाताजी १९९२ की गर्मियों में हॉलैंड पधारीं। जैसे ही वें हवाई जहाज से बाहर उतरी एकदम बरसात शुरू हो गई। बारिश इतनी ज्यादा थी कि ड्राईवर कार को मुशिकल से चला पा रहा था। जैसे ही वें हमारे घर पधारी, बारिश एकदम ऐसे रूक गई जैसे किसी ने नल बंद कर दिया हो। श्री माता जी कार से जैसे उतरीं सारा आकाश बिजली की चमक से भर गया, बारिश नहीं हो रही थी। वें रास्ते पर चल



रहीं थी और लगातार बिजली गर्जना करते हुए चमक रही थी। हमने उनकी आरती की। हर बार जब आरती की थाली उनके मस्तक तक जाती, जोरदार गर्जना के साथ बिजली चमकती। फिर श्रीमाताजी अंदर आयी और मैने उनको माला समर्पित की। जैसे ही उनके गले में माला पहनाई एकाएक बारिश फिर शुरू हो गई जैसे फिर किसी ने नल खोल दिया हो। श्रीमाताजी कहाँ - ये हुआ ना आदिशक्ति का स्वागत!!

श्रीमाताजी के भीतर अतिमानवीय शक्तियाँ विद्यमान हैं अगर वो चाहें, ये शक्तियाँ कार्यान्वित होती हैं। ऐलीयनॉर, दुईलियो कारटोसी और जियोवानी अलबानसी ने ये कुछ घटनाएँ वर्षित की हैं। ब्राम्पटन स्कॉयलर लंदन में कुछ लोग श्री माता जी के घर आने वाले थे। काफी लोग फरनीचर यहाँ से वहाँ

हटा कर लगा रहे थे। श्री माता जी ने इटली कि इन कुछ मजबूत जबानी का उनका ठोस लकड़ी का बना पलंग हटाने को कहा। वे लोग उसको हटाने के पूरा जोर लगा रहे थे, परन्तु वो एक इंच भी नहीं हिल पा रहा था। सब अपने छुटने पर बैठ कर पलंग के पाये को जोर से धक्का लगा रहे थे। पर पलंग हिल नहीं पा रहा था। तभी श्री माता जी आई पलंग एकदम जैसे उड़ता हुआ सा खिसक कर दीवार के पास एकदम सही दिशा में स्थिर हो गया। सबसे मूंह से निकला 'आह'। श्री माता जी हंसी और बोली, ठीक है, आखिर कार मैं आदिशक्ति हूँ, मेरे लिए ये साधारण है। सभी उनके सामने नतमस्तक हो गए। इसी तरह वहाँ एक बेहद भारी अल्मारी को भी उन्होंने अपनी ऊंगली से छू भर के आगे खिसका दिया था।

श्री माता जी ने बताया है कि हर देश विराट की कुण्डलिनी के एक विशेष चक्र को दर्शाता है और हर देश में कुण्डलिनी का हर आयाम स्वरूप विद्यमान है । यहाँ लंदन में बहने वाली 'थेम्स' नदी के बारे में एक किस्सा प्रस्तुत है ।

1982 में श्री माता जी सप्ताहांत सेमिनार के खत्म होने पर कुछ सहजयोगियों के साथ चेलटनहैम इंग्लैंड में शविन इसपिंग (सात धारा) गई । उन्होंने अपने जूते उतार दिये और नीचे उतरी जहाँ पत्थरों के बीच में थोड़ा पानी था । वहाँ पानी की सात धाराएं एक बड़ी चट्टान के नीचे से आ रही थी । वो पानी ज्यादा बह नहीं रहा था और वहाँ चारो तरफ मक्खियाँ थी सभी ने अपने पाँच पानी में डाले पर पानी बहुत ठंडा था । तब जब श्री माता जी ने अपना पाँव डाला तो पानी बहना शुरू हो गया और सारी मक्खियाँ उड़ गईं और सारा वातावरण बहुत सुंदर हो गया । जैसे ही श्री माता जी ने पाँव पानी में डाला पानी का स्तर ऊपर हो गया । श्री माता जी ने बताया कि 'थेम्स' नदी इंग्लैंड की कुण्डलिनी है । उन्होंने बताया कि 'थेम्स' का अभिप्राय 'तमसा' से है , मतलब बांया भाग और लंदन चंद्रमा का शहर है । मतलब लूना और चंद्रमा का संबंध बायें भाग से होता है श्री माता जी ने कहा अब ये नदी इंग्लैंड को स्वच्छ करेगी और 'थेम्स' चैतन्यमयी हो गई । पहले ये नदी बहुत ही प्रदूषित थी पर उसके बाद वो काफी स्वच्छ नदी हो गई ।

परम पूज्य श्री माता जी के श्री चरणों में कोटी-कोटी नमन

Who knew that god would be waiting

Walking on the way there was hay,
Which I tried to ignore,
I went in a turmoil to know it ,
But it was just a stone in my way,
This made me go left some times right away from my
way. Bess buzzed when I was a rose.
Trying to take my happiness away,
I jittered a bit so as to move them away,
But it was just a testing part of the day.
So I smiled and said hey Let them say
Inside the lamp when I was a light,
Winds tried to jitter me in dark nights,
I fought till the whole night,
And got submerged in enlightened
suns light of the day.
I cried, when all went away,
I had an unfortunate delay,
but who knew that god would be waiting
for so long, just for me with his people in his boat,
to take me away in the morning dawn from one heaven
to another heavenly place!!!!

Invitation for Self Realization

- **by Shri Mataji**



"What are you searching? Why are you aimlessly and listlessly running about? The joy that you have searched in material gains, the joy that you are looking for in power, the joy that disappeared in the words of books-the so-called knowledge-is all lost in yourself, and you are still searching and seeking! You can pay attention to everything outside, yourself! You are lost in your thoughts, like babes in the wood! But there is great hope that you can rise into the Heaven of "thoughtless" awareness, which we call Self-realization."

"I invite you to this feast of Divine Bliss, which is pouring around you, even in this Kaliyuga, in these God-forsaken modern times. I hope you will come and enjoy the spiritual experience of the Life Eternal."
(Shri Mataji Nirmala Devi)

(This letter was written by Shri Mataji in 1972 during Her first trip to America to give public programs.)

Snakes and Ladders

(For a Sahaja Yogi)

You Become	99	98	97	96	95	94	93	92	91
100 Yogi/Yogini									
90	89	88	87	86	85	84	83	82	81
80	79	78	77	76	75	74	73	72	71
70	69	68	67	66	65	64	63	62	61
60	59	58	57	56	55	54	53	52	51
50	49	48	47	46	45	44	43	42	41
40	39	38	37	36	35	34	33	32	31
30	29	28	27	26	25	24	23	22	21
20	19	18	17	16	15	14	13	12	11
Your Journey	9	8	7	6	5	4	3	2	1
1 STARTS	2	3	4	5	6	7	8	9	10

Snakes & Lader Game For Yuvashakti

...They go on a ride of a ego-trip. When they go on a ride of a ego-trip, then they find that they've failed and they've to come back, from the very beginning they start. It's like the game of Snake & Ladder...

...And though people have told that first see the vibrations and then read the books, still we say, "O, what's wrong, we should read other books." You go down again, Snake and Ladder, as I said. That is one of the snakes. We think that, "What's the need to do meditation, I've no time, I have this thing, that thing." You do not progress....

Talk about Sahastrara, February 4, 1983

The Tomb of Moses

Shri Moses' Final Journey around 600 years ago great Kashmiri saint Hazrat Makhdoom was traveling in the region near Srinagar along with his close disciple Baba Dawood Khaki. On reaching Bandipore which was then called Bethpoer, he said, 'I find smell (vibrations) of the presence of some prophet nearby.' Then he climbed to the village Buth, reached near the rivulet and told Khaki, 'Yes, it has to be somewhere here (Near Nebu Bal).'"

Finally he reached a tomb which had east-west orientation similar to Jewish tombs (Muslim tombs are of North-south orientation). It is also common local knowledge that the villages near the tomb had never suffered from famine or natural disasters. Which Prophet's tomb is it?

The Bible mentions five geographic places that pinpoint the location of Moses' tomb. But misled by false knowledge his followers kept on searching for his tomb in biblical regions of west Asia and thus later added into the bible: "*but no man knoweth of his sepulcher (tomb) unto this day*". But through enlightened knowledge that Shri Mataji has blessed us with, we know that the promised land of bible which Shri Moses saw before he died is the present day Kashmir, where even Shri Jesus spent his early life and after resurrection. This is also confirmed by the biblical verse which states clearly precisely where Moses is buried in Kashmir. "*And Moses went up from the plains of Moab unto the mountain of Nebo, to the top of Pisgah, that is over against Jericho... And the Lord said*

unto him, This is the land... So Moses the servant of the Lord died there in the land of Moab, according to the word of the Lord. And he buried him in a valley in the land of Moab, over against Beth-peor: but no man knoweth of his sepulchre unto this day."



Moses by Michelangelo

Thus the Bible names five landmarks in relation to Moses' burial site: The Plains of Moab; Mount Nebo (in the Abarim mountains); The Peak of (Mount) Pisgah; Beth-peor and

Heshbon. If it is possible to find the places mention in the texts, the true location of the Promised Land should also become clear.

The literal meaning of Beth-peor is 'place that opens out', as might refer to a valley that opens on to a plain. The river Jhelum in the north of Kashmir is called "Behat" in Persian, and the small town of Bandipur at the point where

the valley of the Jhelum opens out into the broad plan of Lake Wular was once called Behatpur, which is now called Bandipur in the region of Tehsil Sopore, 80 kilometres north of Srinagar, the capital of Kashmir.

Only approximately 18 kilometers northeast of Bandipur lies the small village of Hasba or Hasbal. This is referred to as Hesbon in the Bible (Deuteronomy 4, 46), and is mentioned in connection with Bethpeor and Pisga. On the cliffs of Pisga (now: Pishnag), north of Bandipur and only 1.5 kilometres northeast of the village Aham-Sharif, there is a spring famous for the healing quality of its waters. In



the Bible, the valley and the plains of Mowu are called the plains of Moab, ideal pasture land, about five kilometres northwest of Mount Nebo.

Mount Nebo is a single mountain in the range of Abarim and is always mentioned in context of Beth-peor. All five names are to be found within close proximity to one another. Mount Nebo, also called Baal Nebu or Niltoop, offers a splendid view of Bandipur and the entire highlands of Kashmir. All the five named landmarks are thus to be found in one well-defined location.

Everything fits in: near the plains of Moab, near the top of Pisga, on the mountain of Nebo, across from Beth-peor [all in line with the Biblical account], and from this place one has a splendid view of a fresh and blossoming land, forever green, in which 'milk and honey' flow, a true paradise.

Above a small hamlet of Buth directly beneath Mount Nebo, there is an area that resembles an unfenced garden that contains a small cabin like shrine. This modest hut serves as the tomb of an Islamic saint, Sang Bibi, a female recluse, and two of her followers. To one side, in the shadow of the little wooden building, lies an unprepossessing stone column that rises about a metre

from the ground and is almost completely covered by grass: this is the tombstone of Moses. The keeper of this, the Wali Risih, states that the Rishis have been caretakers of that tomb for over 2700 years.

Also in this area, as in other parts of Kashmir, there are numerous places with biblical names. There are four Maqam-i-Musa, the place of (rest) of Moses in Kashmir and there may be many others. One is near Auth Wattu (Eight paths) in Handwara Tehsil. This place is also known as Ayat Maula, the Sign of God. Moses came to the valley from this direction and prayed at this spot for forty days. The second is at the junction of the two rivers Jhelum and Sindh (Not Indus) near Shadipur. It is sometimes known as Kohna-i-Musa, 'Cornerstone of Moses'. The third is at

Pisgah and the fourth is near Bandipur. To South of Srinagar, at Bijbihara, a place on the banks of the river is still referred to as "Moses' Bath", where there is miraculous stone called Sang-i-Musa (Stone of Moses) or Ka-Ka-Bal (Stone of Ka Ka). The Ladakhis call Moses Ka Ka. The Pathans call an elderly or saintly person Ka Ka. According to legend, the stone about 70 kilograms in weight is supposed to rise by itself and remain suspended at about one meter off the ground if eleven people touch it with one finger while chanting the name 'Ka-ka, ka-ka'.



The Stone atop Shri Moses Tomb in Kashmir

The stone rises only when 11 persons do this and not any other number. The reasons for this is out of twelve tribes of Israel one (Levi) had been disinherited. When the remaining eleven tribes are symbolically represented before the stone of Moses, it would lift itself.

So the tomb of Moses is on Nebu baal (Mount Nebu). From this place Behatpoor (Bandipur), Sin Betour (second Mount Sinai) are visible. Hashba, Pisgah and Maqam-i-Musa, the Place of Moses, are within a short distance from it. The discovery of the tomb's location in Kashmir shows that India, the sacred land of the Kundalini, was revered and was a coveted destination for the realized souls of the past.

"It is the land of Saints, this holy land of Bharat; O Divine Mother please bless this land and remove all afflictions from here"

What Is Tension...

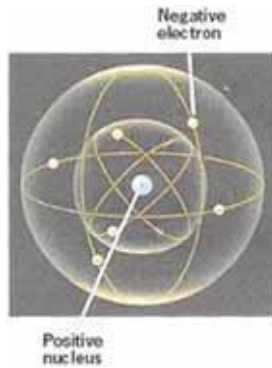
"In these modern times we have something called tensions. It was never there before. People never talked of any tensions. Now every body says, "I am in tension, you give me a tension". What is this tension? - This is because of my advent.

The limbic area wants to know about me. As Sahaja Yoga is expanding the Kundalini is trying to rise in other people because you people have become the channels. Wherever you go you generate vibrations and these vibrations give a challenge to the Kundalini or a message in various people and it rises. It may not rise up to the Sahasrara or may rise and fall back due to lack of recognition. So every time they do something the kundalini comes up and gives them a pressure because their Sahasrara is not open. It is a closed door. Because of the closed door it gives them a kind of pressure in the head, which they don't understand and they call it a tension. Actually the Kundalini is trying to push out itself but it cannot. Those who get their realization but do not make the Sahasrara alright face the same tensions."

Sahasrara Day Puja - Sorrento 6th May 1989

Divine Secrets of Carbon Atom

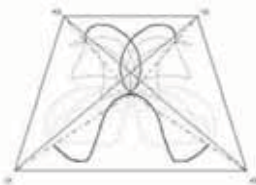
Carbon (symbol 'C', atomic number - 6, atomic mass - 12) is a very special element of all the known elements. It occurs in all organic life and is in fact basis of life itself. Chemically, Carbon is tetravalent, that is, it has four valencies similar to the four petals of Mooladhara Chakra.



It is a very fascinating element with very special properties. Carbon is able to be present in different forms in nature and one of its forms is the hardest naturally occurring substance (diamond) and other one is the softest substances (graphite) known. Moreover, carbon has the highest melting point of all

elements. This element also has the interesting chemical property of being able to bond with itself (called as Catenation) and also attracts a wide variety of other elements to bond with it thus forming nearly TEN MILLION known compounds, while the rest 115 elements are known to form around 50,000+ compounds. Many thousands of these are vital to the process of life. In fact, there are more known carbon-containing compounds than all the compounds of the other chemical elements combined. This resembles quality of the magnetism which is a blessing of Shri Ganesh.

Shri Mataji has said that God (and not Law of Chance) created Carbon atom so that He could use the carbon atom to make other compounds which form the basis of life. Carbon comes from Ganesh on the left side. Thus Carbon is also associated with the Mooladhara chakra, which represents the stage when life itself started, the



origin of living being. Mother Earth created the carbon and through the effect of electricity, carbon got attached to hydrogen and oxygen and so produced amino acids and so Prana started which ultimately produced the mind and the brain

and when we become realized, becomes the Pranava. Evolution thus took place from the carbon stage and amoeba stage through the fish and reptile stages, to the present day at Sahasrara and it is still going on. Carbon was the instrument for igniting the living process in matter, which was followed by the different incarnations of the

Nabhi center. It has been a spontaneous process so far.

Nowadays because of advancement of atomic theory, the scientists describe the structure of an atom through a model called the charge cloud model/quantum mechanical model/orbital model. So the model uses an overlapping cloud like structure that represents the highly likely occurrence of the electrons, also called "probability clouds".

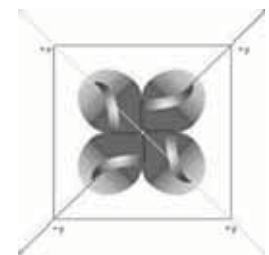


In the case of the carbon atom the electrons occupy four tear drop shaped clouds in a tetrahedron-like arrangement. These clouds represent the areas in which the electrons spend most of their time. Recently a number of researchers have suggested that even within these clouds exist specific zones that the electrons favored. These areas form a spiral around the surface of each of the tear drop shaped clouds.

The specialties of Carbon atom make it an element that has been specially chosen by the divine to work out life. And this aspect was elaborated by Shri Mataji when She revealed that the Carbon atom contains universal divine symbols representing Shri Ganesha and His Incarnation, Shri Jesus. On basis of this revelation, scientists studied the structure of the spiral waves surrounding the Carbon nucleus. They were not much

astonished when they viewed the three-dimensional model from different angles which revealed its secrets for the first time to mankind's naked eye.

On viewing from the left towards right side, a 3-D Omkara or Aum symbol was



very clearly visible. From the other side the Omkara took the shape of a 2D Swastika. More special secrets were yet to be revealed. Looking from below upwards a symbol of Alpha and Omega came forth, the symbol and representation of Shri Jesus who had said, "I am the Alpha and Omega".

Thus the humble Carbon atom stands witness to the universality of the Divine aspect in the whole creation. All the living matter is made of carbon and thus all of us living beings contain these divine symbols of Om, Swastika, and Alpha & Omega is in each cell of our bodies.

A Poem by RN Tagore

Let only that little be left of my will
whereby I may feel thee on every side
and come to thee in everything
and offer to thee my love every moment.

Let only that little be left of me
whereby I may never hide thee.
Let only that little of my fetters be left
whereby I am bound with thy will
and thy purpose is carried out in my life
and that is the fetter of thy love.

Where the mind is without fear
and the head is held high;
Where knowledge is free;
Where the world has not been broken up
into fragments by narrow domestic walls;

Where words come out from the depth of truth;
Where tireless striving stretches its arms towards
perfection;

Where the clear stream of reason has not lost its
way into the dreary desert sand of dead habit;
Where the mind is led forward by thee
into ever-widening thought and action.

Into that heaven of freedom, my Father,
let my country awake.

This is my prayer to thee, my lord
strike, strike at the root of penury in my heart.

Give me the strength
lightly to bear my joys and sorrows.
Give me the strength
to make my love fruitful in service.

Give me the strength
never to disown the poor or bend my knees before
insolent might.

Give me the strength
to raise my mind high above daily trifles.
And give me the strength
to surrender my strength to thy will with love.

I thought that my voyage
had come to its end at the last limit of my power,
that the path before me was closed,
that provisions were exhausted and the time come
to take shelter in a silent obscurity.

But I find that thy will knows no end in me
And when old words die out on the tongue,
new melodies break forth from the heart;
and where the old tracks are lost,
new country is revealed with its wonders.

That I want thee, only thee
let my heart repeat without end.
All desires that distract me, day and night,
are false and empty to the core.

Shri Mataji's Precious Advice

Truth is love.

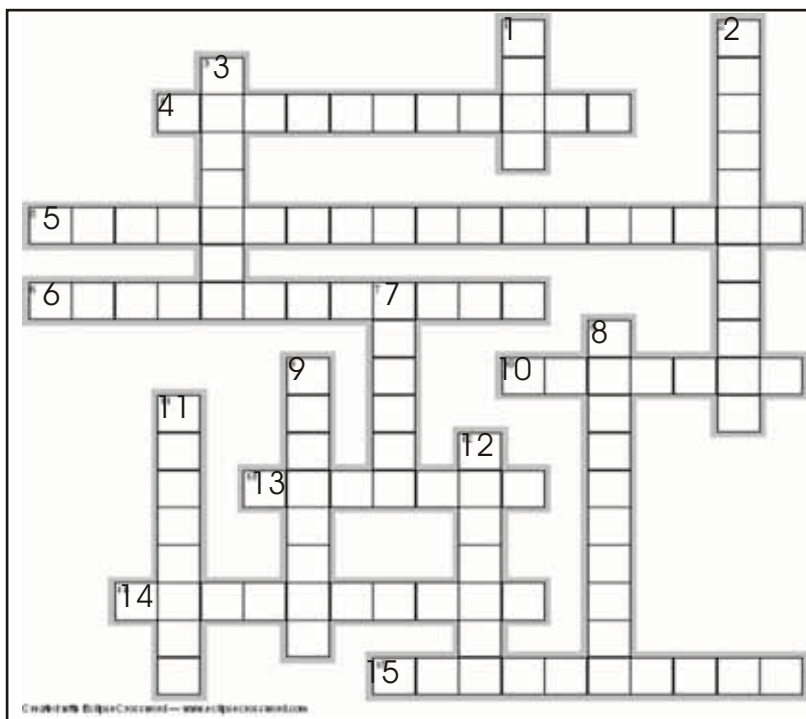
Sahaja yoga talks only of God's love. When we love someone we have to know each and every detail about the other person. We have to develop the dynamic of love and manifest it in each one's daily life.

Introspection is not a mental activity.

When we are in the state of thoughtless awareness automatically we are in introspection. We become the witness for ourselves.

During the meditation, listening to music is all right as long as we have no reaction to the music. There should be enough light for us to see the picture of mother ; too strong or complete darkness is not good.

To spread Sahaj Yoga is everyone's responsibility ; it is not just the leader's responsibility.

Find the Names...Across:

4. Indian freedom fighter, often referred to as Shaheed; While in jail wrote a book "Why I am an Atheist"

5. Indian Freedom fighter, who resigned from Indian Civil Service despite his fourth ranking to participate in independence movement and is immortalised for forming the Azad Hind government in exile

6. He was a German monk, priest, professor, theologian, and church reformer who started the new movement of Protestants.

10. He led the turkish national movement to independence and became its first president. His far reaching reforms sought to create Turkey as a secular, modern and democratic state. His name means Father Turk.

13. An English Poet, best known for his series, The Chronicles of Narnia, who described his vision of the procession of Shri Mataji

14. He led American Revolutionary war and was America's first President; Is often referred to as the Father of the United States

15. The Warrior Yogi & King of Mewar, who took a vowed to sleep on floor till he could free his homeland from the Mughals.

(Answers on page : 24)

Down:

1. Swiss Psychologist who talked about the collective consciousness; Also referred to divine child, primordial mother among archetypes who communicate from this area with individual consciousness

2. The Bard of Avon, the most quoted writer in literature of the English speaking world who wrote about the futility of human endeavours in his works

3. The king who unified whole of Maharashtra, whose only message for the future was "Swadharma Jagawa" meaning You awaken your Spirit.

7. The Indian poet who wrote about ganapatipule, where people from all over the world shall collect to become Mahamanav

8. The Indian prime minister known for his honesty, humility and soft-spoken nature who showed his strength of will and made India win a war.

9. Greatest physicist of modern science; who gave credit to the torsion area for his discoveries which in Nirmal knowledge means Paramchaitanya.

11. He was the father of Labor Right movement and warned people of the ills of capitalism through his book Das Kapital

12. An American president who abolished slavery.

सहज गीता

गीता भारतीय संस्कृति का आधार भूत स्तम्भ है । श्री कृष्ण ने बहुत ही संक्षेप में जीवन का सार तत्व अर्जुन को बताया ।

यह तो सभी जानते हैं कि सहजयोग में आने के बाद हमारे सोचने की दिशा ही बदल जाती है और श्री माता जी की कृपा से जीवन के रहस्य अलग ही गहराई से समझ आने लगते हैं ।

महाभारत के युद्ध में श्री कृष्ण ने अर्जुन को युद्ध करने के लिए प्रेरित किया । पाण्डव और कौरव एक ही कुल के थे और उनमें युद्ध का मुख्य कारण कौरवों के बड़े भाई दुर्योधन की राज्य पाने की महत्वाकांक्षा थी । पाण्डु व धृतराष्ट्र, पाण्डवों व कौरवों के क्रमशः पिता थें । धृतराष्ट्र बड़ा भाई था, मगर अंधा होने के कारण उसे राज्य सिंहासन नहीं मिला । यही ईर्ष्या धृतराष्ट्र ने जाने अनजाने में अपने पुत्रों के मन में भर दी । पाण्डु की मृत्यु के बाद राजसिंहासन पाण्डवों में बड़े भाई युधिष्ठिर को मिला ।

दुर्योधन ने अपने मामा शकुनि के साथ पाण्डवों को जुए में हराकर उनका राज्य हड़पने की चाल चली और इसमें वे सफल भी हो गये । पाण्डवों को 14 वर्ष वनवास व एक वर्ष अज्ञातवास काटना पड़ा । वापिस आ कर राज्य माँगने पर जब उन्हें राज्य वापिस नहीं मिला तो अंततः कौरवों और पाण्डवों में युद्ध हुआ जिसे "महाभारत का युद्ध" के नाम से जानते हैं ।

युद्ध के समय दोनों सेनाएं आमने सामने खड़ी थी, अर्जुन के सारथी श्री कृष्ण थे । अर्जुन ने उनसे रथ को दोनों सेनाओं के मध्य ले जाने की प्रार्थना की । शत्रु पक्ष में अपने गुरुओं और बन्धु बान्धवों को देखकर अर्जुन ने अपने अस्त्र-शस्त्र फेंक दिए ।

अर्जुन बोले " हे कृष्ण युद्धक्षेत्र में अपने स्वजन समुदाय को देखकर मेरा शरीर शिथिल हो रहा है, मुख सूख रहा है एवं भय के कारण रोगों से खड़े हो गये हैं, शरीर काँप रहा है । मन भ्रमित हो रहा है त्वचा जल रही है, हाथ से गाण्डीव (धनुष) गिर रहा है ।"



अर्जुन महान योद्धा था परन्तु अपने गुरुओं व परिवार के श्रेष्ठ व वृद्धजनों को देखकर उसका मन आत्मग्लानि से भर गया । क्योंकि वह जानता था कि अवश्य ही कुछ लोग उनके हाथों मारे जाएंगे । जिनकी गोद में बचपन में कभी खेला करता था, उन पर वार करना उसे अनुचित लग रहा था । यदि एक साधारण मनुष्य के अनुसार सोचा जाए तो उसका मोह में पड़ना स्वाभाविक था । परन्तु महाभारत का युद्ध तो धर्मयुद्ध था, यहाँ तो बुराई, क्रूरता और अधर्म का सामना अर्जुन को करना था । जो अधर्म का साथ दे रहा था वह उसका सगा संबन्धी होते हुए भी शत्रु ही था । अर्जुन ने श्री कृष्ण से कहा " हे कृष्ण मुझे न तो विनय का, ना मान सम्मान का और न ही राज्य का सुख चाहिए । ऐसे राज्य सुख से या ऐसे भोगविलासों से और ऐसे जीवन से भी क्या लाभ है । अगर तीनों लोको का राज्य भी मुझे मिल जाए तो भी मैं इन्हें मारना चाहूँगा । इन सभी को मारकर राज्य सुख भोगने का कोई प्रयोजन मुझे समझ नहीं आता । यदि कौरवों को मैं मारता हूँ, तो भी जीव हत्या का पाप तो मेरे सिर लगेगा ही, तो इन दुष्टों को मारकर मैं पाप का भागी बनूँ ।

अर्जुन योद्धा होने के साथ-साथ ज्ञानी भी था । पाप पुण्य का विचार जब उसके मन में आया तो उसे युद्ध के नाम से ही आत्मग्लानि होने लगी । उसे लगा कि इस लोक में राज्य को जीतकर सुख भोग भी लेगा तो दूसरे लोक में (मृत्यु के बाद) या दूसरे जन्म में इन पापों का फल भी भोगना पड़ेगा । इससे तो अच्छा है कि मैं युद्ध न करूँ और बिना राज्य के जीवन व्यतीत कर लूँ ।

अर्जुन पूरी तरह से माया में फँस गया, वह मोह के वशीभूत होकर भलाई बुराई को नहीं समझ पा रहा था । अकर्मण्यता अर्थात् कर्म न करके पाप और पुण्य से बचना चाह रहा था । परन्तु युद्ध ना करना अधर्म से न लड़ना, अतः उसे मोह को त्याग कर युद्धकरना चाहिए था ।

(क्रमशः)

Devai Namoh Namah

Om Twameva Sakshat
SHRI BHAIRAVNATH
Sakshat Shri Adishakti Mataji
Shri Nirmala Devyei Namoh Namah

Shri Bhairavanath is the deity who represents the terrible aspect of God Shiva. The name Bhairava means fearsome. But He causes fear to the negative tendencies of the yogis. He is the Lord of the Ida Nadi and represents the pure desire of Shri Adishakti, before whom the kleshas (obstacles) and conditionings of human beings crumble. For the yogis He is very soft and beautiful. Shri Bhairavanath represents one of the destroying power of the Ekadesha Rudras. Shri Bhairavanath is recognized as Saint Michael in the Christian tradition, who is same as St. George, the Guardian angel of England. He incarnated on earth as Shri Mahavira, as Shri Hussein and then as Shri William Blake.

As Shri Mahavira, He clearly told people about hell and how to avoid it. In His incarnation as Shri William Blake, He talked about Divine in an open, fearless manner. Shri Blake used symbolic language in His works which at times is blatant and sometimes gentle, like a sword to cut through the blind beliefs of a lost society and announce to them the divine advent. He talks about building of New Jerusalem in England.

As per mythology Shri Bhairava aspect took form during the event of Daksha yagna. Shri Sati, daughter of Daksha, could not bear to hear Her husband, Shri Shiva insulted and offered Herself to the sacrificial pyre. Shri Shiva then



destroyed the yagna and killed Daksha by beheading him. He then carried His wife's corpse on His shoulders and started His destructive

Tandava nritya. Since this would eventually destroy all creation, Shri Vishnu used His Sudarshan Chakra to cut Sati's body into pieces, which then fell all around. These spots where body parts fell are now known as Shakti Peethas. Shri Shiva then took the form of Shri Bhairava and is said to be guarding each of these Shakti peethas.

Also the other story is that once Lord Brahma and Lord

Vishnu were involved in a fight for supremacy. As the fight took a furious shape, all the deities went to Lord Shiva and He took the form of a huge Lingam and stood between both of them like a pole. Lord Vishnu took the form of a



boar and went downwards to find the base. Shri Brahma took the form of a swan and flew to find the top of the pole. Shri Vishnu went deep in patal but was unable to find the root or the beginning point of the pole. He came back totally disappointed. Shri Brahma using a Ketki flower as witness came back with an assertion that He had seen the end of the pole. Vishnu believed and touched His feet. Seeing this fraud, Shri Shiva got upset and appeared in front of them in His full form. He was angry and created Shri Bhairava to punish Brahma, who took away Brahma's fifth head.

The existence of Shri Bhairava is that of a chiranjivi i.e an eternal being. Chiranjeevis are the deities who are Niranjanas, like Shri Bhairava and Shri Hanumana and they exist and are waiting just for a call from yogis to protect them. Shri Bhairava has a dog as his divine vehicle.

He is the greatest disciple of Shri Mahakali. He always has a light in His hand to make the yogis see that there is nothing negative in their Ida Nadi. He is the One who runs up and down the Left channel morning till evening and especially in the night, working very hard, to kill the horrible rakshasas who afflict the yogis. He also guards cremation grounds in order to protect humans from the spirits living there. As per Christian tradition, St Michael is the archangel who defeats and chastises Satan and his helpers.

Shri Bhairavanath along with Shri Hanumana helps those people who are depressed or who become left-sided and always think negative or about problems. The way to clear

such a negative temperament is to take Shri Bhairava's name while sitting with the left hand towards the photograph and right hand on the Mother Earth. Shri Bhairava gives us the light in the dark times and destroys all the bhoots, bhootish ideas, funny ideas about attachments and depressiveness.

He has a strong relationship with Shri Ganesha because Shri Ganesha is at the Mooladhara and Shri Bhairava moves on the left side and goes to the right side. So all kinds of conditionings, all kinds of habits can be conquered through the help of Bhairavanath.

If Shri Bhairavanath sees any person who has a hot temper because of ego then He plays tricks on that person to cool him down. He organises everything under His own control with the help of ganas & with the help of Shri Ganesha and Shri Hanumana, to cool down the temperament of yogis, to give them balance and to show the stupidity of anger. Ida Nadi is the nadi of moon and has a cooling nature. So the work of Shri Bhairavanath is to cool us down.

In Nepal there is a very huge Bhairavanath statue which is a Swayambhu. As the people are more left-sided in Nepal, they are afraid of Shri Bhairavanath. And so it is a local custom that if anybody has done a wrong deed for e.g stealing, then he is taken in front of Bhairavanath and His light is burnt and then he is asked to confess what wrong he has done. So Shri Bhairavanath protects the people from doing wrong things or sly things like thieving. He also exposes people who think they can get secretly do bad deeds and get away with them. It is He who has exposed so many horrible false gurus.

The essence of Shri Bhairavanath is that He drives away all negativities and bad feelings so that the yogis have a sense to laugh, to enjoy and to have fun.

Shri Bhairava's 21 names or aspects are:

- Shri Maha Bhairava:- The Lord who is very fierce and formidable.
- Shri Vatuka Bhairava:- The fierce Lord who appears as a boy.
- Shri Siddha Bhairava:- The Lord of all success and fulfillment.
- Shri Kankala Bhairava:- The Lord who is garlanded with human bones.
- Shri Kala Bhairava:- The Dark hued emanation of Lord Shiva.
- Shri Kalagni Bhairava:- Lord Shiva as the final conflagration of the world.
- Shri Yogini Bhairava:- The Lord who blesses with Divine Union.
- Shri Shakti Bhairava:- The Lord who is Creative Power.
- Shri Ananda Bhairava The Lord of Divine Bliss.
- Shri Martanda Bhairava:-The Lord of Sun.
- Shri Gaura Bhairava:- The Lord of Absolute Purity.
- Shri Bala Bhairava:- The Lord who appears as a child.
- Shri Batu Bhairava:- The Lord who has the form of a youth.
- Shri Shamashana Bhairava:-The Lord of the Cremation ground.
- Shri Pura Bhairava:- The Ancient Lord.
- Shri Taruna Bhairava:- The Lord who is ever youthful.
- Shri Paramananda Bhairava:- The Lord who is the Highest Bliss.
- Shri Surananda Bhairava:- The Lord who is the Bliss of the Gods.
- Shri Gyanananda Bhairava:-The Lord who is the Bliss of Knowledge.
- Shri Uttamananda Bhairava:-The Lord who is the Supreme Joy.
- Shri Amritananda Bhairava:-The Lord who is the Nectar of immortal Joy.

Self Realisation in Andhra Pradesh

This is to share the joy and & bliss of spreading Sahaja Yoga during when the whole country was celebrating the 'Independence Day' on August 15th 2006. En-masse Self Realization programs were conducted in almost all cities in Andhra Pradesh and marked the day 15th August 2006 as 'Self Realization Day'. Thousands of truth seekers all over the state took the gift of Self Realization during this time.

One Week Sahaja Tour to spread the message of Love & Peace in City

Self Realization programs through the freedom campaign began on 13th August as a Mobile van with yuvashakti volunteers appeared in the city & towns nearby started distributing pamphlets all over, attracted the wide audience of the public. This was continued for 7 days from 13th till 19th August.

On 16th & 17th of August, two En-masse realization programs were conducted where more than 400 truth seekers took Self Realization. Both the days programs were started with music bhajans by Yuvashakti and ended with Vande Mataram paying respect to the great country of "Bharath Bhoomi". More than 40,000 pamphlets were distributed in almost all the resident areas in and outskirts of Hyderabad. There were two mobile teams with more than 15 volunteers participated all the 7 days in this program.

It was a tremendous experience for the volunteers who



participated in this, as they could cover more number of people with in a small duration of time every day.

It was a spontaneous

decision to go to "Kishtapur" village as a Sahaja Yogi was invited to hoist the flag during the Independence Day. A team of yuvashakti brothers also traveled along with him to this village situated around 200 kms from Hyderabad. In this village there are more than 200 families. All the villagers, around 400, gathered to watch the video of Shri Mataji. A projector and battery operated mike system worked beautifully at this place as every one meditated up on the documentary on Shri Mataji in local language. The

whole village was enjoying the Divine Bliss in this evening.

Some of the delighted news we have received from few other districts:

Rajamundry:

There is small village called 'Kooru Konda' Near Rajahmundry. On 15th August, Sahaja Yogis from Rajahmundry conducted a P u b l i c Program in 'Kooru Konda' and 30 people are blessed with their Self Relization. On 16th Aug, near a temple in Rajahmundry



a mobile stall is kept and more than 100 people were blessed with their Self Relization. On the same day they also had a program in some apartments for the first time and 70 seekers got their Self Relization.

Rajole : Rajole collective had conducted a public program in a village called 'Katrendu Padu' near Rajole and 70 of the villagers got their Self Relization.

Kakinada: On 15th they have arranged Mobile stall and guided people for the Public program. Kakinada collective is blessed with a public program on 16th Aug; 120 people took their Self Relization in this program.

Bhimavaram: By the blessings of our Divine mother, Bhimavaram Collective witnessed two public programs in two villages named 'Adavikolanu and Sungavruksham' and a program in 'Sri Chantanaya Junior collage. More than 3500 people were blessed with their Self Relization altogether!!

Undrajvaram: Undrajvaram Collective witnessed a public program in Kakarraparru on 16th Aug. More than 100 villagers were blessed with their Self Relization.

Kurnool: Self Realization programs were conducted in more than 13 colleges on 15th & 16th of August in Kurnool and nearly 7,000 students took Self Realizations!! A public program conducted at Nandikodkur saw more than 500 took their Self Relization. Also there was a program at

UNICEF campus at Orvacle Mandal. Nearly 1,000 participants took their Self Realization!! On 19th & 20th Self Realization programs were conducted in more than 6 colleges and nearly about 5,000 students took Self Realization!!

Nalgonda: At Mandal head quarters, Mulunugode, a training program was organized on 22nd August for rural un employed youth in which 100 members participated and took Self Realisation. A Self Realization program was conducted at 'Shri Ramanda Theertha Rural institute'

Pochampally. During training program for un employed youth, 83 participants took Self Realization. These people are going to wok with MNC's as security guards. In another public program in Nalgonda town nearly 80 people attended the program and took Self Realization. Colony wise program is initiated to spread Sahaja Yoga in every colony.

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Mother's Recipe

One of the form of SHRI Adishakti is "SHRI ANNAPOORNA". This section contains some of the recipes told by our Beloved Mother

Moong ki Daal (for 4 people)

Ingredients

- 1 cup moong daal
- 4 tablespoon ghee
- ½ tablespoon asafetida (hing)
- 3-4 bay leaves
- 1 onion finely chopped
- 2.5cm ginger, finely chopped
- 2 cloves of garlic, finely chopped
- 1 teaspoon cumin seeds (jeera)
- 1 whole green or red chilli, cut into 2-4 pieces
- Fresh coriander, finely chopped

Preparation

- 1) Boil the daal until it is soft, cooked and mushy. It should be thick and not too liquid.
- 2) Heat the ghee in a pan. When it is hot, add cumin seeds. Let it splutter.
- 3) Add hing, bay leaves, ginger garlic and onion one after another. Fry for 2-3 min.
- 4) Add green chilli and fry for another ½ min.
- 5) Add moong daal (already cooked).
- 6) Add salt and let everything boil for 5 min.
- 7) Before serving, add fresh ghee or butter and garnish with fresh coriander.

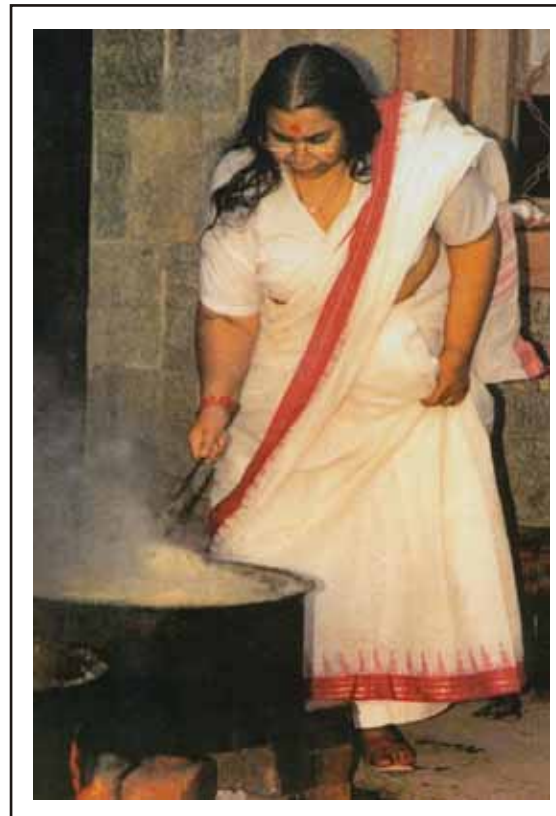
Vegetable Okra (Lady's finger) (for 2 people)

Ingredients

- 250gm Okra
- 1 tablespoon mustard oil
- 2 cloves of garlic (finely cut)
- 1 green chilli cut into small pieces
- ½ teaspoon turmeric (haldi)
- 2 big onions finely cut into cubes
- Salt to taste
- Fresh coriander finely chopped

Preparation

- 1) Wash the lady fingers, dry them completely with a towel and cut the extremities off.
- 2) In a pan, heat the oil. Once the oil is hot, put the green chilli and garlic. Fry for a while.
- 3) Add turmeric and okra on the top. Fry for a while until the stickiness is gone.



- 5) Add onions and salt and mix well.
- 6) Fry the okra on low heat until its colour changes and it becomes soft, say for 15 min.
- 6) When it is ready garnish with fresh coriander.

Kachimbir (salad for 15 people)

Ingredients

- 1kg. natural yoghurt
- 1 green chilli
- 125ml sweet condensed milk
- 3 cloves of garlic mashed
- 5 tablespoon honey
- 4 big onions cut in cubes
- 6 big tomatoes cut in small pieces
- 3 teaspoon of any fruit jam
- 2 bunch of coriander leaves, cut
- Salt to taste

Preparation

Mix everything into a bowl, and serve with any meat curry or nan. This type of salad is good when you want to finish all the rest in the house.

Mother Explain's

Few Questions Answered by Shri Mataji

Question: Why to Recognize Sahaja Yoga and Shri Mataji ?

Answer: Time has come that you have to recognize Sahaja Yoga. So, those people who just go headlong into wrong path suffer from funny type of heart troubles, palpitations, insomnia, vomiting, giddiness, all sorts of, we can say, irrelevant talking.

It is very serious thing to go to a wrong and bow to him. Sahasrara becomes a closed area for such a person.

The person who are against Sahaja yoga have a very strong Sahasrara, like a nut, in the sense that it is such a strong shell that you just cannot break it the strong shell, like a thick nut even if you want to use hammer, you cannot break it

Today the time has come that you have to recognize Sahaja Yoga; you have to.

You did not recognize any saint, any prophets, anyone, any incarnation, but today, the condition is that you have to recognize one. If you do not recognize it, your Sahasrara can not be opened because this is time when the Sahasrara was opened and you have to have your realization. It is very important thing that, that you have recognize Sahaja Yoga.



There are so many people who say, 'MOTHER, WHY TO BELIEVE IN SAHAJA YOGA THIS WAY? WE CAN JUST CALL YOU MOTHER, YOU COULD BE MY MOTHER'

Alright, doesn't matter, but you can't get you realization and, even if you get it, you cannot retain it. You have to recognize; RECOGNIZE is the only worship

of Sahaja Yoga. Recognize is the only worship when you want to know God in Sahaja Yoga. All other Ganas, Devatas, Deities, Shaktis are one, in unison is Sahaja Yoga.

And anyone who does not recognize Sahaja Yoga, they are just not bothered about you, what sort of a person you are.

So, Sahasrara takes charge that it makes you recognize, it convinces you, it proves to you that if you are not recognizing Sahaja Yoga you cannot get your realization. But those who recognize, also recognize partly, they take liberties; behave in a funny manner, without understanding that who is this 'Person' who is here. I've seen may a times, I'm talking, people are just putting their hand up, raising Kundalini, they are just talking, chit-chatting I'm surprised.

And if you don't recognize, I'm sorry, I cannot give you the realization, which will sustain- and it may start, but it will not sustain".

Question: What is Introspection and how to do it?

Answer:

1. Introspection should not be confused with self analysis
2. Morning mediation is the time for introspection
3. What does the state of my subtle system tell me about what is strong in me and what is weak?
4. Am I predominantly a right-sided person or a left- sided person? Or am I a 'pendulum' who oscillates from one side to the other?
5. What are the problems that keep occurring in my life?
6. If my best friends and family were speaking honestly about my faults, what would they say that needs correction?
7. Witnessing oneself while in thoughtless awareness is a good way you introspect.
8. Go through the 7 chakras and say the mantras for each part of each chakra and witness the state of each, and ask yourself if you have the qualities of that.

Question: What is Collective consciousness and how is it happened?

Answer: "Some people may think, that by realization you must achieve something as Adi Shankaracharya did, but this is not possible. With some it may be, but with everyone it is not possible. Your first stage is Nirvichar. You become Thoughtlessly Aware. That happens when Kundalini rises above the Agnya Chakra meaning enters into the limbic area, when your



attention just touches 'Sat' point. The reality separates from 'Mithya'. You become two personalities. At that state you start separating -like putting lime in the milk when it starts separating into curd and water. In the same way the beginning of reality starts. This is the state when you can say that the Kundalini has awakened only. We must understand the different stages, as it happens. I am giving you a very detailed picture but normally the Kundalini shoots off to 'Sahasrar' in most of the people. In some people it does not. It takes time. It is either lost into the Swadhishtana or the Nabhi. It does not go much higher. 'Anhata Chakra' arrests it or it may not even rise at all. But in case it crosses this 'Door' of 'Agnya Chakra' then you get into 'thoughtless Awareness' .With this thoughtless awareness you get certain powers. Supposing for example, you become Governor, you get certain powers of Governor. Similarly you attain certain powers. But at this stage to leave the Kundalini is not proper, because the Kundalini can start moving" to this side or that side and thus can go to the supra conscious or to the collective subconscious. The ' Siddhis' are mostly available at this stage. Not minor Siddhis ,but higher Siddhis, e.g., if the Kundalini moves to the supra conscious one gets the Siddhi of predicting the future. If the Kundalini has moved to the ' collective subconscious, they can start seeing things in the past. A person like that, when he comes to Me, can see who I was in My previous life. I do not have to convince him. This is the same thing as anybody who is

possessed. A person who takes to drugs and is an alcoholic to the last word, but is a good soul and is still seeking God, such a person can see Me, in a different form. He can see Me past, he can be very much enamored by Me. He would know who I was. People think that the past is greater than the present, always, because the past has been much greater than today, though I have never given realization to anyone previously. He, therefore, gets enamored when he sees things like that. This happens to the people who are in the supra conscious level if they move out to the left hand side i.e., into the past. Those who move out to the right hand side can see Me as light. They see all the five elements; they see Me as waterfall or as an Iceberg. They start seeing the 'Tanmatra' namely the casual essence of the elements. It may help them to get convinced, because such a person get convinced about Me and such a person is much more convinced than you are. There are good many tantrikas who know who I was. They are afraid of Me and they talk about Me. There was an ordinary maidservant who came to My programme and she got into a trance and started speaking Sanskrit and she described Me completely in fifteen 'Shlokas' .She said this first time although I had never said anything about Myself. This is how it started.

So at this stage, I would not like to leave your Kundalini, because you can cure people and curative can be done with your Kundalini even when it is in the Limbic area. I am very anxious always that it should come out of Brahmarandra. At that stage you start getting the vibrations; but at this stage you are just a 'chita' only and you just touch the 'sat' point. Your attention is only charmed by the Spirit. Only the attention part as I told you is like a flicker or light in a gas lamp, and Kundalini is like a gas which touches the Spirit and the light of the Spirit spreads in the central nervous system. 'Chit' part, the outer core the (Chitta' means the attention part. At that stage the Kundalini opens the Brahmarandra when you feel the vibrations from your hand and you can feel another person also; because you become 'collectively conscious'. Collectively conscious again out of Sachita-Anand that you just touch the 'Chita' part. Thus you start feeling the Chit of your Chitta becoming the Chitta of the collective consciousness means that you drop into the ocean of Satchit Ananda in which you only feel the collective consciousness. That means you can feel another person's Kundalini."

सहज मन्दिर की मर्यादा – एक नाटक

दृश्य 1

पति टीवी देखते हुए: अरे आज इतनी जल्दी खाना क्यों बना रही हो?

(पति भारत-पाकिस्तान का क्रिकेट मैच बहुत ही उत्तेजित होते हुए देख रहा है और श्रीमाताजी से भारत को जिताने के लिए प्रार्थना कर रहा है)

पत्नी: मैं रात के खाने की अभी से तैयारी कर रही हूँ, सेंटर जाना है ना आज, नहीं तो आरती के बाद भागने की जल्दी रहती हैं और सेंटर खत्म होने के बाद ध्यान नहीं कर पाते हैं आप भी तैयार हो जाइए, अपने कपड़े प्रेस कर लीजिएं (पति उठ कर जाता है और फिर छक्के की आवज सुन कर वापिस आ जाता है और वहीं, बैठ जाता है)

पत्नी: अरे क्या हुआ, आप तैयार होने नहीं गए अभी तक?

पति: बस ये आखिरी ओवर हैं

(मैच समाप्त हो जाता है)

पत्नी: अब तो मैच खत्म हो गया, तैयार हो जाइएं

पति: मैं तैयार होने जा रहा हूँ तब तक तुम एक कप चाय बना दो, चाय पीकर चलेगें

पत्नी: अरे उसका समय कहाँ है, पहले बोल देते तो अब तक तैयार भी हो जाती 5:45 तो यहीं बज गए हैं, आपको तो पता है हमें सेंटर समय पर पहुँचना चाहिए श्रीमाताजी सभी गणों के साथ निराकार रूप में वहाँ आती हैं, हमें उनसे पहले पहुँचना चाहिए

पति: अच्छा बाबा जाता हूँ तैयार होने मेरा लाकेट कहाँ है? प्रेस कहाँ रखा है? कपड़े अभी तक प्रेस क्यों नहीं हुए?

पत्नी: मैं तो कब से कह रही हूँ, तैयार हो लीजिए, आपको मैच देखने से फुरसत हो तब तो कोई काम हो? आप अपने टीवी से ना हट पाने की शू-बीटिंग करनां

(जल्दी-जल्दी प्रेस करते हैं और तैयार होकर बाहर निकल जाते हैं, बाहर आने के बाद)

पत्नी: आपने बन्धन ले लिया?

पति: नहीं जल्दी-जल्दी में भूल गयां

पत्नी: आप तो जानते ही हैं कि घर से बाहर निकलने से पहले हमें बन्धन लेना चाहिए

(अन्दर जाकर फटाफट बन्धन लेता है)

पत्नी: जल्दी में बन्धन क्यों ले रहे हैं, शान्ति से कुण्डलिनी माँ पर चित्त डालते हुए उन्हें ऊपर उठाना चाहिए और हर चक्र पर चित्त डालते हुए बन्धन लेना चाहिए

दृश्य 2

(सेंटर के बीच में पहुँचते हैं, भजन चल रहे हैं, पत्नी पीछे बैठ जाती है, पति आगे जा कर मिठाई का डब्बा पोलीथिन समेत श्रीमाताजी के सामने रखता है वहाँ बैठ जाता है और बन्धन लेता है पीछे मुड़ कर दो.तीन लोगो को जय श्रीमाताजी कहता है)

(एक सहज योगी का मोबाईल बजता है, पहले नम्बर देखता है, फिर वहाँ बात शुरू कर देता है किसी के कहने पर उठ कर बाहर चला जाता है)

(भजन समाप्त हो जाते हैं और सबको आगे खिसकने के लिए भी कहा गया)

(सेन्टर में पीछे की तरफ बच्चे खेल रहे हैं और बीच बीच में उनके शोर की आवाज भी आ रही है उनके आने जाने के कारण एक सहज योगिनी बार बार अपने पर्स को सम्भाल रही हैं)

(सेंटर खत्म होते ही पीछे 4.5 सहज योगिनी समूह बना कर बैठ जाती हैं और बातें करने लगती हैं)

सहज योगिनी 1: जय श्रीमाताजी, और आज खाने में क्या बनाया है?

सहज योगिनी 2: अरे अभी कहाँ, अभी तो जाकर बनाना है 8:30 तो यहीं हो गए हैं, घर जल्दी जाना है

सहज योगिनी 2: (उठते हुए) अरे तुम्हारे जवचे तो बहुत सुन्दर हैं कहाँ से लिए? अगली बार कमेपहद लेती हूँ

गाँव की सहजयोगिनी: जय श्रीमाताजी, आजकल मेरा ध्यान अच्छे से नहीं लग पा रहा है, आपमें से कोई मुझे अपइतंजपवदे दे दीजिएं

सहज योगिनी 2: अरे मैं तो जा रही हूँ, मुझे तो खाना भी बनाना है (जाती है)

सहज योगिनी 1: मुझे तो देना ही नहीं आता है

सहज योगिनी 3: मेरी स्थिति ही ठीक नहीं चल रही है, नाभी चक्र पकड़ा हुआ है

पत्नी: आप जल-क्रिया तो करती ही होंगी?

सहज योगिनी 3: हफ्ते में 1-2 बार कर ही लेती हूँ

(सभी सहजयोगिनी बहनें चली जाती हैं, पत्नी गाँव वाली को अपइतंजपवदे देती हैं)

(सेंटर खत्म होने के बाद 4-5 सहजयोगी समूह बना कर बैठते हैं और बातें करने लगते हैं)

सहज योगी 1: आज ध्यान कैसा हुआ?

सहज योगी 2: क्या बताऊँ, मेरे बगल वाले का आज्ञा चक्र पकड़ा हुआ था, मेरा तो अभी तक सिर दर्द कर रहा है

सहज योगी 3: अपना चित्त वहाँ ले जाओ, श्रीमाताजी सब ठीक कर देगीं

सहज योगी 4 : नहीं हमारे चित्त में अभी इतनी स्थिरता नहीं हैं हमें अपना हाथ उस चक्र पर ले जा कर घुमाना चाहिए, हमारे हाथों के द्वारा ही परम चैतन्य कार्य करता हैं (सेंटर में बहुत शोर हो रहा है, प्रसाद की लाईन में भी सबको जल्दी हैं 1-2 लोग ही ध्यान कर रहे हैं बाकि सबको या तो जाने की जल्दी हैं या बातें कर रहे हैं)

तभी एकाएक लाईट चली जाती है, अँधेरा छा जाता है और एक आवाज गूँजती हैं

ये क्या हो रहा है, क्या ये सहज मन्दिर है?आप को क्या लगता है आप को कोई देख नहीं रहा है?श्रीमाताजी के साथ हम सभी गण सहज मन्दिर में ध्यान के समय हमेशा उपस्थित रहते हैं और प्रत्येक व्यक्ति पर नजर रखते हैं लेकिन हमने जो आज देखा उससे हम प्रसन्न नहीं हैं और श्रीमाताजी को भी तकलीफ हुई हैं निश्चय ही, श्रीमाताजी ने ये स्वप्न में भी नहीं सोचा था कि उनके बच्चों, उनके सहज योगियों का व्यवहार इतना उथला होगा वे तो हमेशा ही चाहती हैं कि हम गहराई में उतरें, अपने आप को देखें, अपने दोषों को देखें, न कि दूसरों के वे चाहती हैं कि हम दूसरों के लिए एक आदर्श बनें, जैसे हमारी माँ हैं आप ही अपनी आत्मा से पूछिए, जो कुछ भी अभी यहाँ पर हुआ उससे श्रीमाताजी कितनी खुश हुई होगी?हमें अपने हृदय में स्थित सहज मन्दिर की मर्यादा का पालन करने से पहले, इस मन्दिर की मर्यादा का पालन करना पड़ेगा, नहीं तो हमारा उत्थान रुका रहेगा अगर आप मानते हैं कि आप से कोई गलती हुई है और उसे सुधारना चाहते हैं, तो आगे आकर श्रीमाताजी से क्षमा माँगते हुए अपनी गलती स्वीकार करें

(यह सुनकर सभी सहज योगियों को अपनी गलती का आभास होता है और वे अपने हृदय में यह प्रण लेते हुए कि आगे से वे ऐसा नहीं करेंगे, एक एक कर के आगे आते हैं और अपनी गलती स्वीकार करते हैं)

सहज योगी

- 1: हमें मन्दिर हमेशा समय से आना चाहिएं
- 2: हमें मन्दिर में कार्यक्रम शुरु होने से पहले या बाद में फालतू बातें करने की बजाए अपइतंजपवदे मगर्बींदहम करनी चाहिएं
- 3: हमें मन्दिर में अपना मोबाईल फोन बन्द करना चाहिए और अपना सम्पूर्ण ध्यान श्रीमाताजी पर केन्द्रित करना चाहिएं
- 4: हमें मन्दिर देर से आने पर चित्त से बन्धन लेना चाहिएं
- 5: हमें अपने बच्चों को भी ध्यान मे बैठना सिखाना चाहिएं
- 6: हमें दूसरों के दोषों व चक्रों को देखने की बजाए, अपने अन्दर के दोषों को देखकर उन पर कार्य करना चाहिएं
- 7: सभी सहज योगी साथ में: हमें मन्दिर में सहज च्त्वजवबवस और मर्यादा का पालन करना चाहिएं
- 8: सभी सहज योगी साथ में जयकारा लगाते हैंए ष्बोलो आदिशक्ति श्रीमाताजी श्री निर्मला देवी की जयंठ

Answers for Page No 14

Across

4. BHAGATSINGH, 5. SUBHASHCHANDRABOSE,
6. MARTINLUTHER, 10. ATATURK,
13. CSLEWIS, 14. WASHINGTON, 15. RANAPRATAP

Down

1. JUNG, 2. SHAKESPEARE, 3. SHIVAJI, 7. TAGORE, 8. LALBAHADUR, 9. EINSTEIN,
11. KARLMARX, 12. LINCOLN



